Historic, archived document

Do not assume content reflects current
scientific knowledge, policies, or practices.

A 381
R 31 A.4
Cop. 2

ARS 74-28
Feb. 1964

U. S. DEPT. OF AGRICULTURE
NAT ... LIBRARY
SEP 28 1964
CURRENT SERIAL RECORDS

BULGUR WHEAT RECIPES

AGRICULTURAL RESEARCH SERVICE, U. S. DEPARTMENT OF AGRICULTURE

BULGUR WHEAT RECIPES

by Marjorie Heid

Agricultural Research Service
United States Department of Agriculture

BULGUR is a product of wheat. Wheat is cooked and dried, the outer layers of bran are removed, and the kernels are cracked to the size desired. Bulgur absorbs meat juices or other liquids readily and cooks in about 20 minutes. It is toastlike in color and rich in wheat flavor.

It is an ancient food. In the Middle East its use in the daily diet dates back to Biblical times. In the United States Armenian immigrants continued to make and consume it.

Several years ago the U. S. Department of Agriculture and industrial and growers' groups initiated research and development aimed at wider use of bulgur, both domestically and abroad. The investigations supplied information on keeping quality and nutritive values, on a process for canning cooked bulgur with or without flavoring, on a process for puffing bulgur grains and pressing them into wafers for such uses as fallout shelter foods, and on a continuous process for manufacture of dry bulgur.

The recipes published herein were developed as an aid to wider use of bulgur. They are based on the traditional dry cracked bulgur. Development of the recipes revealed that bulgur is versatile in cookery and is usable in every course and every meal of the day. The recipes can be followed closely or used as a guide to other ways to use bulgur.

Dry bulgur keeps well. Since it contains some of the germ of wheat, which contains more oil than other parts, it will develop rancid odor and flavor if tightly packaged. A porous container and a cool storage place are recommended.

The assistance of Joanne Trojano and Lona Christopher in the development of these recipes is acknowledged. These recipes were developed and this report was produced in the Western Regional Research Laboratory of the U. S. Department of Agriculture in Albany, California. This laboratory is headquarters of the Western Utilization Research and Development Division of the Department's Agricultural Research Service.

Copies are available on request. Address:

Western Regional Research Laboratory
800 Buchanan Street
Albany, California 94710

February 1964

TABLE OF CONTENTS

SOUPS

Armenian Tanabour--Madzoon Soup, 6
Armenian Targhana Soup, 6
Beef-Vegetable Soup with Bulgur Wheat, 7
Boston Fish Chowder with Bulgur Wheat, 7
Creole Crab Gumbo with Bulgur Wheat, 8
Creole Chicken Gumbo with Bulgur Wheat, 8
Creole Shrimp Gumbo with Bulgur Wheat, 8
Minestrone Soup, 8
Scotch Broth with Bulgur Wheat, 9

SALADS

Armenian Tabulee--Aroymeda--Salad with Bulgur, 10
Bulgur-Carrot-Pineapple Salad, 10
Bulgur-Carrot-Raisin Salad, 10
Bulgur Cole Slaw, 11
Bulgur Dutch Cucumber Salad, 11
Bulgur Salad, 11
Bulgur Tossed Salad with Celebrity Salad Dressing, 12
Chef's Bulgur Salad, 12
Hot Bulgur Salad, 12

ENTRÉES

Armenian Harpoot Kufta--Stuffed Meat Balls, 13
Armenian Kabourga--Stuffed Rack of Lamb, 14
Armenian Kheemah--Raw Meat Platter, 14
Baked Bulgur and Liver Loaf, 15
Baked Bulgur with Cheese, 15
Bedeviled Eggs with Bulgur, 16
Bulgur Meat Loaf, 16
Bulgur Patties, 17
Bulgur Salmon Loaf, 17
Bulgur Stuffed Peppers, 18
Bulgur Swedish Cabbage Rolls, 18
Bulgur Swedish Meat Balls, 19
Bulgur Tamale Pie, 19
Bulgur Turkey Hash, 19
Bulgur Wheat Pizza, 20
Bulgur with Meat Sauce, 21

ENTRÉES (continued)

Cantonese Chicken with Taiwan Pilaf, 21
Chicken Cacciatora with Parmesan Pilaf, 22
Chicken Divan with Pilaf, 22
Codfish Bulgur Patties, 22
Dried Beef Almondine with Bulgur, 23
Duck Bigarade with Bulgur à l'Orange, 23
Fish and Bulgur Au Gratin, 24
Fish and Bulgur Creole, 24
Fish and Bulgur Florentine, 25
Fish and Bulgur Pilaf, 25
Hawaiian Bulgur Patties, 25
India Chicken Curry Pilaf, 26
India Lamb Pilaf, 26
Italian Eggplant and Bulgur Casserole, 27
Italian Veal Parmigiana with Bulgur, 27
Luncheon Meat and Bulgur Fondue, 28
Mexican Bulgur Chili, 28
New Orleans Bulgur Jambalaya, 28
Norwegian Fish and Bulgur Pudding, 29
Pork Chop Suey with Taiwan Pilaf, 29
Roka Bulgurburgers, 30
Scalloped Bulgur with Wieners, 30
Scotch Haggis with Bulgur, 30
Shrimp and Bulgur St. Jacques, 31
Tuna and Bulgur Scallop, 31
Turkey à la King with Bulgur Biscuits, 32
Turkey and Bulgur Scallop, 32
Turkey Suprême with Pilaf Almondine, 32
Uien Met Aardappelen, Bulgur en Verse Worst -- Dutch Stew, 33
Veal Birds with Bulgur Stuffing, 33
Veal Sauterne with Bulgur Dumplings, 34
Viennese Chicken-Bulgur Dinner, 34

STUFFINGS
Apple-Prune Stuffing, 35
Apricot-Pineapple Stuffing, 35
Bulgur Stuffing for Poultry, Meat, or Game, 35
Chestnut Stuffing, 35
Norwegian Raisin-Nut Stuffing, 35
Pilaf Stuffing for Poultry, Meat, or Game, 35

ACCOMPANIMENTS
Armenian Pilaf, 36
Boston Baked Bulgur, 36
Bulgur Suprême au Gratin, 37
Chinese Fried Bulgur, 37
Parmesan Pilaf, 38
Pilaf Almondine, 38
Pilaf — Beef Flavored, 38
Pilaf — Chicken Flavored, 38
Pilaf — Fines Herbes, 38
Pilaf à l'Orange, 38
Pilaf Romanoff, 39
Pink Pilaf, 38
Quickie Pilafs, 39
Spanish Bulgur, 40
Taiwan Pilaf, 38

BULGUR BREAD AND OTHER BAKED FOODS
Baking Powder Bulgur Wheat Shortcake, 41
Blueberry Bulgur Wheat Muffins, 42
Bulgur Baking Powder Biscuits, 41
Bulgur Shortcake, 41
Bulgur Wheat Muffins, 42
Date-Nut Bulgur Wheat Muffins, 42
Nutty Bulgur Wheat Muffins, 42
Raisin Bulgur Wheat Muffins, 42
Spicy Apple Bulgur Wheat Muffins, 42
White Bread with Bulgur, 43

DESSERTS
Apricot Cobbler with Bulgur Shortcake, 48
Baked Banana Bulgur Wheat Custard, 44
Banana Bulgur Cake, 44
Blueberry Cobbler with Bulgur Shortcake, 48

DESSERTS (continued)
Boysenberry Cobbler with Bulgur Shortcake, 48
Bulgur Apricot Custard, 45
Bulgur Apricot Delight, 45
Bulgur Blueberry Custard, 45
Bulgur Boysenberry Custard, 45
Bulgur Cherry Custard, 45
Bulgur Dark Fruit Cake, 46
Bulgur Indian Pudding, 46
Bulgur Light Fruit Cake, 47
Bulgur Parfait, 47
Bulgur Peach Custard, 45
Bulgur Pineapple Custard, 45
Bulgur Plum Pudding, 47
Butterscotch Bulgur Bavarian, 48
Cherry Cobbler with Bulgur Shortcake, 48
Chocolate Bulgur Bavarian, 49
Nutty Apple and Bulgur Betty, 49
Old-Fashioned Bulgur-Raisin Pudding, 49
Peach Cobbler with Bulgur Shortcake, 48
Peanut Butter and Bulgur Dessert Base, 50
Peanut Butter Bulgur Bavarian, 50
Pineapple-Bulgur Bavarian, 50
Pineapple Cobbler with Bulgur Shortcake, 48
Steamed Bulgur Fruit Pudding, 51
Steamed Bulgur Wheat Chocolate Pudding, 51
Steamed Spicy Bulgur Raisin Pudding, 52
Vetegrot--Norwegian Bulgur Pudding, 52

SAUCES
Brown Sugar Glaze for Fruit Cake, 53
Egg Sauce, 15
Eggnog Sauce, 45
Hard Sauce, 53
Lemon Sauce, 53
Mock Hollandaise Sauce, 53
Mock Tartar Sauce, 53
Nutmeg Sauce, 54
Sour Cream Sauce, 54

Bulgur Wheat Recipes

by
Marjorie Heid

Dry cracked bulgur, on which these recipes are based, is available in grocery stores under various trade names. Few of the manufacturers' names include the word bulgur, and some who use the name spell it various ways, such as bulgor, boulgour, and others. Consumers may find it necessary to consult retail store employees in order to find bulgur wheat on the shelves. Dry cracked bulgur is widely available but it cannot be found in all food stores. In limited areas, particularly Kansas and neighboring states, canned bulgur is available. Some of it is whole-grain bulgur and some is flavored with chicken or bacon and is called pilaf.

In some of the recipes included here, especially for dishes served cold, cooked bulgur is listed as an ingredient. Unflavored canned bulgur can be used as cooked bulgur, and the simple recipe below can be used to make cooked bulgur from the dry cracked commercial product. Usually cooking is part of the preparation of the soup, entrée, or other dish served warm.

HOW TO COOK BULGUR (makes 2 cups)

Combine in a saucepan:	1 cup dry bulgur
	1-2/3 cups water
	1/4 teaspoon salt

Bring to boil, cover, reduce heat, and simmer until water is absorbed.

Research in the Western Utilization Research and Development Division has shown that the nutritive values of bulgur are approximately the same as those of whole-wheat flour. A tabulation is included below and more detailed information is available on request.

BULGUR WHEAT'S NUTRITIONAL VALUE
(Results expressed on a moisture-free basis)

	Whole wheat (raw)	Enriched all-purpose flour	Commercial bulgur (recent samples)
Protein, pct.	10.1	12.4	11.8
Fat, "	1.78	1.0	1.8
Fiber, "	2.32	.30	1.9
Phosphorus, "	.40	.09	.44
Calcium, "	.03	.02	.04
Iron, "	.005	.003	.005
Thiamine, mg./100 g.	.41	.50	.28
Riboflavin, " "	.14	.30	.07
Niacin, " "	5.20	3.92	----

ARMENIAN TANABOUR - MADZOON SOUP--6 servings

Heat in saucepan:	1 tablespoon butter or margarine
Add:	1/4 cup chopped onion

Simmer over low heat until onions are straw-colored.

Add:	4 cups chicken stock
	1/2 cup bulgur

Simmer 25 minutes.

Beat together:	1-1/2 cups madzoon (yogurt)
	1 egg

Stir into soup. Keep below boiling temperature.

Add:	2 tablespoons minced parsley
	3/4 teaspoon salt
	1/8 teaspoon white pepper
	1/2 teaspoon finely chopped mint

Serve at once for a hot soup. For a refreshing hot weather soup, chill in refrigerator and serve cold. If a thinner soup is desired, add more chicken stock.

ARMENIAN TARGHANA SOUP--6 to 8 servings

Targhana Bulgur Balls

Heat to steaming in double boiler:	1 cup milk
Remove from heat and add:	1 tablespoon minced onion
	1-1/4 cups bulgur

Let stand until all milk is absorbed, about 1 hour.

Beat together, then stir in:	1 egg
	1-1/4 cups yogurt

Cover and refrigerate several hours.

Knead mixture 10 to 15 minutes. Wet hand with cold water to prevent sticking.

Shape into small balls.

Soup

Heat in saucepan:	2 quarts chicken stock
Add:	1-1/2 cups diced celery
	1 cup shredded carrots
	1/2 cup chopped onion
	1 teaspoon salt
	1/8 teaspoon pepper

Simmer about 15 minutes.

Add:	bulgur balls

Cover and continue to simmer gently about 10 minutes.

BEEF-VEGETABLE SOUP WITH BULGUR WHEAT--6 to 8 servings

Simmer together 2 to 3 hours:
- 2-1/2 quarts water
- 1-1/2 pounds beef neck
- 1 to 2 pounds beef knuckle bones

Remove meat and bones and skim off all fat.

Add:
- 1 cup bulgur
- 1 cup diced or shredded carrots
- 1/2 cup chopped onions or leeks
- 1 cup sliced celery
- 1/4 cup snipped parsley
- 2 to 3 teaspoons salt
- 1/4 teaspoon pepper
- 1/8 teaspoon powdered cloves
- 1/2 teaspoon fines herbes

Cover and continue cooking until vegetables are tender, 15 to 20 minutes.
Remove meat from bones, dice and return to soup mixture.

Stir in:
- 1 can (10-1/2 oz.) condensed cream of mushroom or tomato soup

Heat to boiling.

BOSTON FISH CHOWDER WITH BULGUR WHEAT--6 to 8 servings

Heat in saucepan:
- 3 tablespoons butter

Add:
- 1/2 cup chopped onion
- 1/2 cup chopped celery

Simmer over low heat until onions are straw-colored.

Add:
- 2-1/2 cups water
- 1/2 cup diced carrots
- 1/2 cup frozen peas
- 1-1/2 pounds fish fillets, diced
- 1/2 cup bulgur

Cover and cook for 15 minutes.

Add:
- 1 quart milk
- 1 tablespoon butter
- 1-1/2 teaspoons salt
- 1/8 teaspoon pepper

Heat slowly to just below boiling. Stir several times while heating.

CREOLE CRAB GUMBO WITH BULGUR WHEAT--6 to 8 servings

Heat in saucepan: 3 tablespoons butter
Add: 1/4 cup diced green bell pepper
1/4 cup chopped onion
Simmer over low heat until onions are straw-colored.
Add: 1/2 cup bulgur
1-1/2 cups sliced okra
1 quart chicken stock
1 can (1 lb.) tomatoes
2 tablespoons chopped parsley
1-1/2 teaspoon salt
1/2 teaspoon pepper
1/8 teaspoon fines herbes
few grains cayenne pepper
Simmer gently about 15 minutes.
Add: 1 to 2 cups crab meat, fresh-cooked or canned
Continue to simmer about 5 minutes.

CREOLE CHICKEN GUMBO WITH BULGUR WHEAT

Use Creole Crab recipe but substitute 1 to 2 cups diced cooked chicken for crab.

CREOLE SHRIMP GUMBO WITH BULGUR WHEAT

Use Creole Crab recipe but substitute 1 to 2 cups cooked, peeled, and cleaned shrimp for crab.

MINESTRONE SOUP--8 servings

Heat: 2 tablespoons oil
Add: 3/4 cups chopped onion
Sauté until onions are straw-colored.
Add: 1 pound beef soup meat
1 cup chopped celery
1-1/2 quarts water
Cover and bring to simmer; simmer slowly until meat is tender, about 3 hours.
Remove meat. Dice and return to stock.
Add: 1/2 cup diced tomato
1/2 cup shredded cabbage
1/4 cup minced parsley
1/2 cup sliced carrots
1/4 teaspoon minced garlic
Cover and cook 15 minutes.
Add: 1/2 cup bulgur
1-1/2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon oregano
1 package (10 oz.) frozen green beans or peas
1/2 cup canned kidney beans
1 cup sliced zucchini
Cover and cook 15 to 20 minutes.
Sprinkle each serving with: grated Parmesan cheese

SCOTCH BROTH WITH BULGUR WHEAT--6 to 8 servings

Simmer together 2 to 3 hours:
- 2-1/2 quarts water
- 2 pounds lamb shanks

Remove meat and bones and skim off all fat.

Add:
- 1 cup bulgur
- 1 cup diced or shredded carrots
- 1/2 cup chopped onions or leeks
- 1 cup sliced celery
- 1/4 cup snipped parsley
- 2 to 3 teaspoons salt
- 1/4 teaspoon pepper
- 1/2 teaspoon curry powder (optional)

Cover and continue cooking until vegetables are tender, 15 to 20 minutes. Remove meat from bones, dice and return to soup mixture.

Blend together over low heat:
- 2 tablespoons butter or margarine
- 4 tablespoons flour

Slowly stir in about 2 cups of the soup mixture, then stir into remaining soup mixture. Continue cooking until thickened, about 3 minutes.

SALADS

ARMENIAN TABULEE--AROYMEDA--SALAD WITH BULGUR--6 to 8 servings

Combine:
- 2 cups boiling water
- 1 cup bulgur

Let stand until all water is absorbed, about 1 hour.

Combine in salad bowl with:
- 1 cucumber, peeled and diced
- 2 large tomatoes, diced
- 4 to 6 green onions, thinly sliced
- 1/2 cup diced green bell pepper
- 10 to 12 radishes, sliced
- 2 to 4 tablespoons minced parsley
- 1 tablespoon finely chopped mint
- 1 teaspoon salt
- 1 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 1/4 cup lemon juice
- 1/2 cup olive oil

Toss until dressing is well distributed.

BULGUR-CARROT-PINEAPPLE SALAD--4 to 6 servings

Blend:
- 1-1/2 cups cooked bulgur
- 2 tablespoons pineapple juice

Chill.

Add:
- 1-1/2 cups shredded carrots
- 1/2 cup drained crushed pineapple
- 1/2 cup mayonnaise
- 1/2 teaspoon salt

Mix well. Chill. Serve in lettuce cups.

BULGUR-CARROT-RAISIN SALAD

Substitute 2 tablespoons French dressing for the pineapple juice and 1/4 cup raisins for the crushed pineapple in above recipe.

BULGUR COLE SLAW--4 to 6 servings

Blend:
- 2 tablespoons vinegar
- 1/2 cup mayonnaise
- 1-1/2 tablespoons grated onion
- 3/4 teaspoon celery seed
- 2-1/4 teaspoons sugar
- 3/4 teaspoon salt
- 1/8 teaspoon white pepper
- 2 cups finely shredded cabbage
- 1-1/2 cups chilled cooked bulgur

Serve in lettuce cups and garnish with tomato wedges.

BULGUR DUTCH CUCUMBER SALAD--6 to 8 servings

Combine in salad bowl:
- 2 cups chilled cooked bulgur
- 1-1/2 cups diced cucumbers
- 1/4 cup sliced green onions
- 2/3 cup thinly sliced radishes

Blend:
- 1 cup sour cream
- 1 tablespoon tarragon vinegar (or lemon juice)
- 1 teaspoon salt
- 1/8 teaspoon white pepper
- 1 teaspoon sugar

Toss with the bulgur mixture and top with a dash of paprika.

BULGUR SALAD--6 to 8 servings

Blend:
- 2 cups cooked bulgur
- 3 tablespoons French dressing
- 3 tablespoons chopped sweet pickle
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Chill.

Add:
- 1-1/2 cups thinly sliced celery
- 1/4 cup chopped green bell pepper
- 2 chopped hard-cooked eggs
- 1 to 2 teaspoons minced onion
- 2/3 cup mayonnaise

Mix well. Serve on bed of lettuce and garnish with tomato wedges. For a hearty main course salad, add a can of tuna fish or some diced, cooked meat or poultry.

BULGUR TOSSED SALAD WITH CELEBRITY SALAD DRESSING--8 to 10 servings

Combine in salad bowl:
- 2-1/2 cups chilled cooked bulgur
- 1 to 2 heads lettuce, coarsely broken
- 3 large tomatoes, diced
- 1 avocado, diced
- 1 cup thinly sliced radishes

Drizzle with Celebrity Salad Dressing and toss until ingredients are well coated.

Celebrity Salad Dressing

Blend:
- 1/4 teaspoon powdered garlic
- 3 ounces Bleu cheese
- 3/4 cup commercial mustard-seasoned boiled sauce
- 1 bottle (8 oz.) French dressing
- 1/2 teaspoon salad herbes
- 1/2 teaspoon pepper

CHEF'S BULGUR SALAD--6 servings

Blend:
- 2-1/2 cups cooked bulgur
- 1/3 cup French dressing
- 3 tablespoons chopped sweet pickle
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Chill.

Add:
- 1/3 cup chopped green bell pepper
- 1 cup thinly sliced celery
- 1 to 2 teaspoons minced onion

Mix well. Serve on bed of salad greens which have been tossed with French dressing. Top with thin strips of cold boiled ham or tongue, cold chicken or turkey, and Swiss or American cheese.

HOT BULGUR SALAD--6 servings

Sauté until lightly browned and crisp:
- 6 slices bacon, diced

Add:
- 2-1/2 cups cooked hot bulgur
- 1/3 cup diced green bell pepper
- 1 cup thinly sliced celery
- 1 tablespoon minced or grated onion
- 1/3 cup chopped sweet pickle

Moisten with:
- French dressing

Mix well. Serve with wieners or hamburgers.

ARMENIAN HARPOOT KUFTA--STUFFED MEAT BALLS--6 servings

Filling

Sauté over moderate heat until fat renders: 1/2 pound lean ground lamb

Add: 1/4 cup chopped onion

Cover and cook over low heat 30 minutes.

Add:
- 2 tablespoons chopped green bell pepper
- 1 tablespoon chopped parsley

Cook 10 minutes.

Add:
- 1/8 teaspoon chopped mint leaves
- 1/4 teaspoon basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon cinnamon
- 1 tablespoon chopped pine nuts (optional)

Cook 5 minutes. Chill, then form into small balls about 3/4-inch in diameter.

Keyma - Outside layer

Combine:
- 1/2 cup bulgur
- 1 cup boiling water

Let soak until water is absorbed, about 1 hour.

Add:
- 1/2 pound lean ground lamb
- 2 tablespoons chopped onion
- 1 tablespoon chopped parsley
- 1/2 teaspoon salt

Knead like dough 20 minutes; add cold water a little at a time until mixture holds together. Dip hands in cold water frequently to prevent sticking. Make balls the size of a walnut. Make a dent in the middle of each ball with thumb. Insert the small meat ball into keyma ball; bring open edges of the outer layer together to close; seal and smooth the surface with wet fingers. The thinner the outside wall, the better. Make a broth of the lamb bones, season to taste, and heat to boiling. Drop in the kuftas, cover, and simmer about 20 minutes. When the kuftas rise to the surface they are done. Serve with or without the broth.

ARMENIAN KABOURGA--STUFFED RACK OF LAMB--6 to 8 servings

Filling

Heat in skillet: 1 tablespoon butter or margarine
Add: 1 cup chopped onion
Sauté over moderate heat until onions are straw-colored.
Add: 1 cup bulgur
1/2 cup chopped green bell pepper
2 tablespoons chopped parsley
1/2 teaspoon allspice
1/4 teaspoon cinnamon
1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon pine nuts
1 to 2 tablespoons currants
2 cups water or lamb broth
Cover and simmer until water is absorbed, 20 to 25 minutes.
Cut a pocket in: 3- to 4-pound rack of lamb
Fill pocket with bulgur mixture and fasten with skewers or sew. Place meat in baking dish, fat side up.
Mix and pour over meat: 1/2 cup tomato sauce
1/2 cup water
Cover and bake in moderate oven, 325°F., 1-1/2 hours. Uncover and continue baking until meat is tender and nicely browned.

ARMENIAN KHEEMAH--RAW MEAT PLATTER--6 servings

Combine: 1 cup freshly ground lean lamb (preferably from leg)
few grains cayenne pepper
2 cups cooked bulgur
Knead together like dough and add water a little at a time until the meat and bulgur stick together in a glistening rosy pink mass, at least 10 minutes.
Knead in: 1 tablespoon minced green bell pepper
1 tablespoon minced parsley
1 tablespoon minced green onion
Shape into mound on platter. Sprinkle with additional minced green pepper, parsley, and green onion. Garnish with water cress and serve at once. This dish is often served as an appetizer, or as a main dish at picnics and gatherings. Portions are scooped up on crackers or bread.

BAKED BULGUR AND LIVER LOAF--8 to 10 servings

Combine: 1 pound liver
boiling water to cover

Cover and let stand 10 minutes.
Drain liver and put through food grinder.

Heat: 6 tablespoons butter or margarine
Add: 2 tablespoons chopped onion
Sauté until onion is straw-colored.
Blend in: 5 tablespoons flour
Remove from heat and stir in: 1-1/2 cups milk
Return to low heat and cook (stir constantly) until mixture thickens.
Blend in: chopped liver
2 eggs, slightly beaten
1-1/2 cups cooked bulgur
2-1/2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon dry mustard
1/4 teaspoon sage
1 teaspoon Worcestershire sauce

Turn into lightly greased loaf pan. Bake in moderate oven, 325°F., 1 hour. Serve with Mock Hollandaise Sauce, page 53, Sour Cream Sauce, page 54, or Egg Sauce, below.

Egg Sauce

Heat: 2 tablespoons butter or margarine
Blend in: 2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
Remove from heat and stir in: 1 cup milk
Return to moderate heat and cook (stir constantly) until mixture thickens.
Stir in: 1 hard-cooked egg, chopped
2 teaspoons minced parsley

BAKED BULGUR WITH CHEESE--4 to 5 servings

Blend in shallow baking dish: 2-1/2 cups cooked bulgur
1 can (10-1/2 oz.) condensed cream of chicken soup
2/3 cup milk
1/2 teaspoon dry mustard
1/2 teaspoon salt
Grate: 4 ounces sharp Cheddar cheese

Stir two-thirds into bulgur mixture. Sprinkle remaining third over surface. Sprinkle with paprika. Bake in a moderate oven, 375°F., 30 to 40 minutes or until lightly browned and bubbly.

BEDEVILED EGGS WITH BULGUR--6 servings

Layer in shallow baking dish: 2 cups cooked bulgur

Cut in halves lengthwise: 6 hard-cooked eggs

Remove and mash yolks.

Blend in:
- 1/4 teaspoon salt
- 1/3 cup mayonnaise

Fill whites with yolk mixture. Arrange eggs on top of bulgur.

Sauce

Heat: 2 tablespoons butter or margarine

Add: 2 tablespoons chopped onion

Sauté over moderate heat until onions are straw-colored.

Blend in:
- 3 tablespoons flour
- 1/2 teaspoon salt
- 3/4 teaspoon seasoned salt
- 1/8 teaspoon pepper
- 3/4 teaspoon powdered dry mustard
- 1 teaspoon Worcestershire sauce

Remove from heat.

Slowly stir in: 2 cups milk

Return to heat. Cook (stir constantly) until mixture thickens.

Stir in:
- 1 cup (4 oz.) grated Cheddar cheese
- 1/2 cup mayonnaise

Pour sauce over eggs.

Blend:
- 1/2 cup crisp cracker crumbs
- 2 tablespoons melted butter or margarine

Sprinkle over sauce. Sprinkle with paprika. Bake in moderate oven, 350° F., about 30 minutes.

BULGUR MEAT LOAF--10 to 12 servings

Blend:
- 2-1/2 cups cooked bulgur
- 1 egg
- 1-1/4 cups milk
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 to 1/2 cup chopped onion
- 1/4 cup ketchup
- 2 pounds ground beef

Turn into loaf pan or shape into loaf in shallow baking dish. If you wish, spread surface with thin layer of ketchup. Bake in moderate oven, 325° F., about 1 hour or until browned.

BULGUR PATTIES--6 to 8 servings

Heat in skillet: 1 tablespoon butter or margarine
Add: 3 tablespoons chopped onion
Sauté until onions are straw-colored.
Add: 1/2 teaspoon salt
2 cups water
1 cup bulgur
Cover and cook over low heat until all water is absorbed, 20 to 25 minutes; stir several times. Remove from heat.
Blend in: 2/3 cup condensed cream of chicken (or mushroom) soup
1 teaspoon salt
1/8 teaspoon white pepper
1 egg
1-1/2 cups finely diced chicken (or left-over diced meat, poultry or fish)
Form into 12 to 16 patties.
Dip each patty in: beaten egg
Then dip in: crisp cracker crumbs
Sauté in butter or margarine until golden brown on each side.
Thin remainder of can of soup to sauce consistency with milk or chicken stock and serve over patties.

BULGUR SALMON LOAF--6 to 8 servings

Blend: 2-1/2 cups cooked bulgur
1 can (16 oz.) salmon, drained
2 eggs
1/2 cup liquid (salmon liquid plus milk)
2 tablespoons lemon juice
2 tablespoons pickle relish
1/4 cup chopped onion
1/4 teaspoon salt
1/4 teaspoon pepper
Turn into loaf pan and bake in moderate oven, 350°F., 3/4 to 1 hour.

BULGUR STUFFED PEPPERS--6 servings

Blend:
- 2-1/2 cups cooked bulgur
- 1/2 pound ground fresh or left-over meat or sausage
- 1 cup meat or chicken stock or canned bouillon
- 1/2 teaspoon salt
- 1 teaspoon seasoned salt
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon pepper

Cut in halves lengthwise, remove all seeds and white portions of: 3 green or red bell peppers

Place in shallow baking dish. Fill pepper halves with bulgur mixture.

Mix and pour over stuffed peppers:
- 3/4 cup tomato purée
- 3/4 cup meat stock or canned bouillon

Cover and bake in moderately hot oven, 375° F., 30 minutes. Remove cover and continue baking for 40 minutes.

BULGUR SWEDISH CABBAGE ROLLS--6 servings

Wilt 5 to 10 minutes in hot water: 12 large cabbage leaves

Heat in heavy skillet: 3 tablespoons margarine or drippings

Add:
- 1/2 cup chopped onion
- 1/2 pound ground beef, veal, or pork

Sauté over moderate heat until lightly browned.

Add:
- 2-1/2 cups cooked bulgur
- 1/2 teaspoon salt
- 1 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 1/4 teaspoon mace
- 1 teaspoon Worcestershire sauce
- 3/4 cup meat or chicken stock

Cover and cook over medium heat until liquid is absorbed. Mark mixture into 12 parts. Mound 1 part on each cabbage leaf. Roll up leaves starting with thick end and secure with toothpicks. Place rolls, sealed side down, in shallow baking dish.

Pour over rolls: 1 cup beef stock or tomato purée or mixture of both

Sprinkle each roll with seasoned salt and dot with butter or margarine. Cover and bake in moderate oven, 375° F., for 45 minutes. Uncover and continue baking until cabbage is very tender, about 45 minutes. Baste several times.

BULGUR SWEDISH MEAT BALLS--12 to 16 servings

Blend:
- 2-1/2 cups cooked bulgur
- 2 eggs
- 1 cup milk
- 3 tablespoons minced onion
- 1/4 teaspoon nutmeg
- 1-1/2 teaspoons salt
- 1/4 teaspoon Worcestershire sauce
- 2 pounds ground beef

Form into balls about 1-1/2 inches in diameter. Roll balls in seasoned flour.

Heat in large skillet: 1/3 cup butter or bacon drippings

Add meat balls and sauté over moderate heat until lightly browned on all sides. Remove to serving dish.

Blend with drippings in skillet: 2 tablespoons flour

Remove from heat and stir in:
- 1 cup meat stock or canned consommé
- 1 cup sour cream

Return to heat (stir constantly) until mixture thickens and comes to a boil. Season to taste with salt, pepper, and if you wish, a little Worcestershire sauce and sherry. Pour over meat balls.

BULGUR TAMALE PIE--6 to 8 servings

Heat: 2 tablespoons oil

Add:
- 2 tablespoons chopped onion
- 2 tablespoons chopped green bell pepper
- 3/4 pound ground beef

Sauté until onions are straw-colored.

Blend in:
- 3/4 cup canned corn
- 1/3 cup chopped ripe olives
- 3/4 cup bulgur
- 1-1/2 cups canned tomatoes
- 1/3 cup water
- 2 teaspoons lemon juice
- 1 teaspoon salt
- 2 teaspoons chili powder

Cover tightly. Bake in moderate oven, 350°F., 1 hour. Stir every 15 minutes.

BULGUR TURKEY HASH--6 servings

Heat in saucepan: 1-1/2 tablespoons chicken fat

Add: 2 tablespoons chopped onion

Simmer for 3 to 4 minutes.

Blend in:
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon seasoned salt
- 1/8 teaspoon white pepper

Remove from heat and stir in:
- 1/2 cup heavy cream
- 1-1/2 cups chicken stock

Return to moderate heat (stir constantly) until mixture thickens and comes to a boil.

Remove from heat and stir in:
- 2-1/2 cups cooked bulgur
- 3 cups finely chopped turkey
- 1/2 cup finely chopped toasted almonds
- 2 tablespoons sherry

Turn into shallow baking dish. Top with Parmesan cheese and buttered crisp cracker crumbs. Bake in moderate oven, 350°F., 30 minutes.

BULGUR WHEAT PIZZA--2 pizzas (12-in. in diameter)

Pizza Sauce

Heat:	2 tablespoons oil
Add:	1/4 cup chopped onion
	1/4 cup chopped green bell pepper
	1/4 cup sliced mushrooms (drained, if canned)
	1/4 teaspoon minced garlic
	1/4 pound Italian sausage, thinly sliced
	3/4 pound lean ground beef

Sauté over moderate heat until onions are straw-colored.

Add:	1 can (6-oz.) tomato purée
	3 cups tomato sauce
	3 cups water
	2 tablespoons grated Parmesan cheese
	snip of bay leaf
	1/4 teaspoon pepper
	1 teaspoon salt
	3/4 teaspoon oregano

Cover and simmer slowly 45 minutes. Uncover and continue to simmer slowly 45 minutes.

Pizza Dough

Combine:	1/2 cup bulgur
	1-3/4 cups water

Cover and bring to simmer. Simmer 15 minutes or until most of liquid is absorbed. Cool to lukewarm.

Blend:	1 package (1/4 oz.) active dry yeast
	1/4 cup lukewarm water
Sift together:	2-1/2 cups flour
	1 teaspoon salt
Add:	1 tablespoon oil

Stir in cooked bulgur and yeast mixture. Mix thoroughly (until dough leaves sides of bowl). Lightly oil surface of dough, cover and let rise in warm place, about 85° F., until doubled in volume, about 1-1/2 hours.

Divide dough in half. Roll each half into circle to fit 12-inch pizza pan. Brush surface lightly with oil. Let rise in warm place about 20 minutes.

Finished Pizza

Arrange on surface of pizza crust:	slices of mozzarella cheese

Top with layer of sauce.

Sprinkle with:	grated Parmesan cheese

Bake in moderately hot oven, 375° F., 35 to 40 minutes.

BULGUR WITH MEAT SAUCE--6 to 8 servings

Heat in heavy skillet: 1/4 cup oil

Add:
- 1/2 pound sausages cut in 1/2-inch lengths
- 1/2 pound ground beef
- 3/4 cup chopped onion
- 1/4 pound sliced mushrooms
- 1 cup thinly sliced celery

Sauté over medium heat until meat and vegetables are lightly browned. Stir occasionally.

Stir in:
- 2 cloves garlic, finely minced
- 2 cups tomato purée
- 1 cup consommé or water
- 1/4 teaspoon pepper
- 1-1/2 teaspoons salt
- pinch of ground cloves
- 1/4 teaspoon basil
- snip of bay leaf

Cover and bring to boil. Reduce heat and simmer (stir occasionally) until mixture is thickened, 40 to 45 minutes. Prepare 2 cups bulgur according to directions on page 5. Top with meat sauce and serve.

CANTONESE CHICKEN WITH TAIWAN PILAF--4 to 6 servings

Heat in heavy skillet: 3 tablespoons oil

Add:
- 1 package (8 oz.) frozen Chinese pea pods, cut in 1/2-inch pieces
- 1/2 cup sliced water chestnuts
- 1-1/2 cups sliced mushrooms
- 1/3 cup slivered almonds

Sauté over moderate heat 2 minutes.

Add:
- 1-1/2 cups chicken stock
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- 1/2 teaspoon monosodium glutamate

Cover and simmer 6 minutes.

Make a paste of:
- 2 tablespoons cornstarch
- 1/4 cup water

Stir into pea pod mixture.

Add: 2 cups sliced cooked chicken

Return to heat and stir frequently until mixture thickens and reaches a boil, 2 to 3 minutes. Serve over Taiwan Pilaf, page 38.

CHICKEN CACCIATORA WITH PARMESAN PILAF--4 to 6 servings

Cut into serving pieces: 1 frying chicken (2 to 3 lb.)

Shake in paper bag with:
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup flour

Heat in heavy skillet: 1/4 cup oil

Add chicken pieces and sauté over moderate heat until golden brown on all sides. Remove from skillet.

To oil in skillet, add:
- 1/2 cup green bell pepper cut in thin strips
- 1 cup sliced mushrooms or 1 can (4 oz.), drained
- 2 cloves garlic, minced

Sauté over moderate heat until lightly browned. Return chicken pieces to skillet.

Add:
- 2-1/2 cups (No. 2 can) tomatoes
- 1 can (6 oz.) tomato paste
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon sweet basil

Cover and simmer over low heat until chicken is tender, about 1-1/2 hours. Serve with Parmesan Pilaf, page 38.

CHICKEN DIVAN WITH PILAF--6 servings

Prepare 1 recipe of Chicken Flavored Pilaf, page 37. Layer in shallow baking dish.

Top with:
- 1-1/2 cups sliced chicken
- 1 package (10 oz.) frozen chopped broccoli, thawed

Sauce

Heat: 2 tablespoons chicken fat or butter

Blend in:
- 3 tablespoons flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon poultry seasoning

Remove from heat and stir in:
- 1-1/2 cups chicken stock
- 1/2 cup milk

Return to heat. Cook (stir constantly) until mixture thickens. Remove from heat.

Stir in: 1 tablespoon lemon juice

Pour sauce over broccoli.

Sprinkle with: 3 tablespoons grated Parmesan cheese

Bake in moderate oven, 350° F., about 30 minutes.

CODFISH BULGUR PATTIES--10 to 12 servings

Separate into flakes: 1 can (14 oz.) flaked codfish

Blend with:
- 3 cups cooked bulgur
- 2 eggs slightly beaten
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

Form into patties about 2 inches in diameter.

Coat with: 1/3 cup crisp cracker crumbs

Fry in deep fat at 375° F., until golden brown, or if you prefer, sauté in 1/3 cup oil over moderate heat to a golden brown on both sides. Serve with Mock Hollandaise Sauce, page 53, or Mock Tartar Sauce, page 53.

DRIED BEEF ALMONDINE WITH BULGUR--4 to 6 servings

Soak 5 minutes in boiling water to cover: 1 jar (5 oz.) dried beef

Drain.

Heat: 2 tablespoons butter or margarine

Blend in: 2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper

Remove from heat and stir in: 2 cups milk

Return to moderate heat. Cook (stir constantly) until mixture thickens.

Stir about one-third of the hot sauce into: 2 egg yolks

Stir yolk mixture into remaining sauce. Add drained beef. Cook (stir constantly) over low heat, for 2 minutes.

Blend: 2 cups hot cooked bulgur
1/4 cup butter
1 tablespoon anchovy paste (optional)

Layer on heated serving dish. Top with creamed beef mixture.

Sprinkle with: 1/2 cup chopped toasted almonds

DUCK BIGARADE WITH BULGUR à l'ORANGE--4 to 6 servings

Cut into serving pieces: 1 duck, about 5 pounds

Dip pieces in mixture of: 1 cup flour
1 teaspoon seasoned salt

Heat in heavy skillet: 1/3 cup butter or margarine

Sauté duck pieces over moderate heat until browned on all sides. Remove duck from skillet.

Add to skillet: 1/2 cup chopped onions
1 to 2 cups sliced fresh mushrooms or 1 to 2 cans (4 oz.), drained

Sauté until onions are straw-colored. Pour off all fat. Return duck pieces to skillet.

Add: 1 cup orange juice
2 cups duck or chicken broth (use giblets, wing tips, neck and tail piece to prepare broth)
1/2 teaspoon salt
1/8 teaspoon white pepper

Cover and simmer over low heat until duck is tender, about 1-1/2 hours.

Remove duck to serving dish.

Make paste of: 3 tablespoons flour
1/3 cup water

Stir into sauce in skillet. Continue stirring until mixture thickens and come to a boil.

Stir in: 1/3 cup sweet vermouth (optional)

Pour sauce over duck and serve with Pilaf à l'Orange, page 38.

FISH AND BULGUR AU GRATIN--6 to 8 servings

Layer in shallow baking dish:	2-1/2 cups cooked bulgur
Top with:	1-1/2 pounds fish fillets
Sauce	
Heat in heavy skillet:	4 tablespoons butter or margarine
	2 tablespoons chopped onion
Blend in:	4 tablespoons flour
	1 teaspoon salt
	1/4 teaspoon pepper
	1 teaspoon dry mustard
Remove from heat and stir in:	2 cups milk
	1 teaspoon Worcestershire sauce

Return to heat and stir constantly until mixture thickens and comes to a boil. Pour sauce over fish and bulgur.

Sprinkle with: 4 to 6 ounces grated Cheddar cheese

Bake uncovered in moderate oven, 350°F., 30 to 35 minutes.

FISH AND BULGUR CREOLE--6 to 8 servings

Layer in baking dish:	2-1/2 cups cooked bulgur
Top with:	1-1/2 pounds fish fillets
Sauce	
Heat in skillet:	3 tablespoons butter or margarine
Add:	1/2 cup chopped green bell pepper
	1/2 cup chopped onion

Sauté until onion is straw-colored.

Add:	1 clove garlic, minced
	3-1/2 cups tomatoes
	1 teaspoon chili powder
	1 teaspoon sugar
	snip bay leaf
	1/8 teaspoon ground cloves
	1 teaspoon salt
	1/4 teaspoon pepper

Simmer about 30 minutes. Pour sauce over fish and bulgur. Bake uncovered in moderate oven, 350°F., 25 to 30 minutes.

FISH AND BULGUR FLORENTINE--8 to 10 servings

Blend:
- 2 cups cooked bulgur
- 1 package (10 oz.) frozen chopped spinach, thawed
- 1/2 cup minced onion
- 1 clove garlic, minced
- 3 tablespoons lemon juice
- 1 teaspoon seasoned salt
- 1 teaspoon Worcestershire sauce

Spread filling on:
- 8 to 10 small fish fillets

Roll fillets jelly-roll fashion and secure with toothpicks. Place in shallow baking dish and dot with butter or margarine. Bake uncovered in moderate oven, 350° F., 30 to 35 minutes. Serve with Mock Tartar Sauce, page 53.

FISH AND BULGUR PILAF--6 to 8 servings

Heat in skillet:
- 3 tablespoons butter or margarine

Add:
- 1/2 cup chopped onion
- 1/2 cup chopped celery

Sauté until onions are straw-colored.

Add:
- 1 cup bulgur
- 2 cups water
- 1 pound fresh salmon cut in cubes or strips
- 1 teaspoon salt
- 1/8 teaspoon fines herbes
- 1/8 teaspoon (scant) thyme
- 1 to 2 tablespoons lemon juice

Cover and simmer 25 to 30 minutes.

HAWAIIAN BULGUR PATTIES--10 servings

Heat in heavy skillet:
- 2 tablespoons butter or margarine

Add:
- 1/3 cup chopped onion

Sauté over moderate heat until onions are straw-colored.

Add:
- 1/2 teaspoon salt
- 3/4 cup pineapple juice
- 1-1/2 cups water
- 1 cup bulgur

Cover and simmer over moderate heat until all liquid is absorbed, 20 to 25 minutes.

Blend in:
- 3 cups chopped ham
- 1/2 teaspoon dry mustard
- 1/2 cup condensed cream of chicken soup

Shape mixture into 10 patties (about 1/2 cup per patty).

Arrange in shallow baking dish:
- 10 slices pineapple (20-oz. can)

Place a ham patty atop each pineapple slice. Wrap a strip of bacon around side and fasten with toothpick. Bake in moderate oven, 375° F., about 30 minutes or until bacon is lightly browned.

INDIA CHICKEN CURRY PILAF--5 to 6 servings

Heat in heavy skillet:	1/4 cup butter or chicken fat
Add:	1/2 cup chopped onion
	1 medium-sized tart apple--peeled, cored, and chopped
	1 cup thinly sliced celery

Sauté over moderate heat until onions are straw-colored.

Blend in:	1-1/2 to 2 teaspoons curry powder
	1/8 teaspoon ginger
	2 tablespoons flour
	1-1/2 teaspoons salt
	1/4 teaspoon pepper
Remove from heat and stir in:	4-1/2 cups chicken stock
	1/2 cup cream or milk

Return to heat and stir constantly until mixture thickens and comes to a boil.

Add:	2 to 3 cups cooked diced chicken
	1 cup bulgur

Cover and simmer over low heat 25 minutes.

INDIA LAMB PILAF--5 to 6 servings

Heat in heavy skillet:	3 tablespoons oil
Add:	3 cups cooked lamb cut in cubes
	1/3 cup chopped onion
	1/2 cup chopped tart apple
	1 clove garlic, minced

Sauté over moderate heat until meat and onions are lightly browned.

Blend in:	1/2 teaspoon celery seed
	1-1/2 teaspoons curry powder
	1/8 teaspoon ginger
	1 teaspoon salt
	1/4 teaspoon pepper
	5 to 6 drops Tabasco sauce
	1 can (10 oz.) tomato purée
	3-1/2 cups canned consommé or water
	1 cup bulgur

Cover and bring to boil. Reduce heat and simmer slowly until thickened, about 40 minutes.

ITALIAN EGGPLANT AND BULGUR CASSEROLE--6 to 8 servings

Heat: 2 tablespoons oil
Add: 1/3 cup chopped onion
1/4 teaspoon minced garlic
Sauté over moderate heat until onions are straw-colored.
Add: 2-1/2 cups (No. 2 can) tomatoes
1/4 teaspoon basil
1-1/4 teaspoons salt
1/8 teaspoon pepper
1/2 teaspoon sugar
Cover and simmer over low heat about 30 minutes.
Peel: 1 medium eggplant
Cut in 1/2-inch slices.
Dip slices in: 2 to 3 tablespoons flour
Heat: 1/2 cup oil
Sauté eggplant slices until golden brown on each side.
Layer in baking dish with: 2 cups cooked bulgur
4 to 6 ounces thinly sliced mozzarella cheese
1/2 cup grated Parmesan cheese
Bake in moderate oven, 350°F., about 30 minutes.

ITALIAN VEAL PARMIGIANA WITH BULGUR--6 servings

Heat in heavy skillet: 3 tablespoons olive or salad oil
Add: 3 cloves garlic, minced
2 medium-sized onions, chopped
Sauté over moderate heat until onions are straw-colored.
Add: 2-1/2 cups (No. 2 can) tomatoes
1-1/2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon thyme
1/4 teaspoon basil
1 can (8 oz.) tomato sauce
1/4 cup red wine
Cover and simmer over low heat 30 minutes; stir occasionally.
Cut into serving pieces: 1-1/2 pounds veal cutlet, thinly sliced
Dip each piece in: beaten egg
Then dip in mixture of: 1 cup crisp cracker crumbs
1/2 cup grated Parmesan cheese
Sauté in olive oil until lightly browned on both sides.
Layer in shallow baking dish: 2-1/2 cups cooked bulgur
Top with: mozzarella cheese slices
Add about one-half of the sauce. Layer the browned veal slices atop the sauce mixture. Top with additional slices of mozzarella cheese. Add remaining sauce.
Sprinkle generously with: grated Parmesan cheese
Bake uncovered in moderate oven, 350°F., about 45 minutes or until browned.

LUNCHEON MEAT AND BULGUR FONDUE--6 servings

Blend in baking dish:	1-1/2 cups cooked bulgur
	3/4 cup grated sharp Cheddar cheese
	2 tablespoons chopped onion
	2 tablespoons chopped green bell pepper
	2 tablespoons chopped pimiento
	2 tablespoons chopped ripe olives
	1 can (12 oz.) luncheon meat, diced
Stir into:	1-1/2 cups hot milk,
	2 eggs slightly beaten

Pour over bulgur mixture. Bake in moderate oven, 350°F., until set about 35 minutes.

MEXICAN BULGUR CHILI--4 to 6 servings

Heat in heavy skillet:	2 tablespoons salad oil
Add:	1 pound lean ground beef
	3/4 cup chopped onion
	3 cloves garlic, minced

Sauté over moderate heat until onions are lightly browned.

Blend in:	1-1/2 tablespoons chili powder
	1-1/2 tablespoons flour
	1 teaspoon salt
	1/4 teaspoon black pepper
	1/2 teaspoon oregano
	1/4 teaspoon cumin seed
	few grains cayenne red pepper
	5 cups beef stock or canned bouillon
	1 cup tomato purée
	1 cup bulgur

Cover and simmer (stir occasionally) over low heat for about 1 hour.

NEW ORLEANS BULGUR JAMBALAYA--5 to 6 servings

Sauté in heavy skillet until lightly browned:	1/2 pound pork sausages cut in 1/2-inch lengths
	1-1/2 cups diced ham
	1/2 cup chopped onion
	1/2 cup chopped green bell pepper
	3/4 cup thinly sliced celery
Add:	3-1/2 cups meat or chicken stock or diluted canned consommé
	2 tablespoons chopped parsley
	1/4 teaspoon thyme
	1/8 teaspoon powdered cloves
	1/4 teaspoon chili powder
	3/4 teaspoon salt
	1/4 teaspoon pepper
	dash cayenne
	1 cup bulgur

Cover and bring to boil. Reduce heat and simmer (stir occasionally) until mixture thickens, about 45 minutes.

NORWEGIAN FISH AND BULGUR PUDDING--6 to 8 servings

Blend in baking dish:
- 2 cups cooked bulgur
- 1-1/2 pounds fish fillets, finely ground
- 1 can (10-1/2 oz.) condensed cream of chicken or mushroom soup
- 2 cups half and half (milk and cream)
- 1-1/2 teaspoons salt
- 1/8 teaspoon nutmeg
- 1 egg, slightly beaten

Place in pan of hot water and bake uncovered in moderate oven, 350°F., 30 to 35 minutes, or until set.

PORK CHOP SUEY WITH TAIWAN PILAF--4 to 6 servings

Heat in heavy skillet:
- 2 tablespoons oil

Add:
- 2 cups diced cooked pork
- 1/4 cup sliced mushrooms (drain, if canned)
- 1/2 cup chopped onion
- 1/2 cup thinly sliced celery
- 1/2 cup bean sprouts (drain, if canned)
- 2 tablespoons diced water chestnuts (drain, if canned)

Sauté until onions are straw-colored. Stir several times. Cover and simmer over low heat 10 minutes.

Add:
- 2 cups chicken stock
- 1/4 teaspoon salt

Cover and simmer slowly 25 minutes.

Blend:
- 2 tablespoons cornstarch
- 2 tablespoons water

Stir into pork mixture. Cook (stir constantly) until mixture thickens.

Stir in:
- 1-1/2 tablespoons soy sauce

Serve over Taiwan Pilaf, page 38.

ROKA BULGURBURGERS--8 servings

Blend:	1 egg, slightly beaten
	3/8 cup milk
	1-1/2 teaspoons Worcestershire sauce
	1/2 teaspoon salt
	1/8 teaspoon pepper
	2-1/2 cups cooked bulgur
	1 pound ground beef

Shape into 8 patties. Brown on both sides in a heavy skillet to desired stage of doneness. Remove from skillet and keep warm.

Brown lightly in hamburger drippings:	1 can (2 oz.) mushrooms, drained
	3 tablespoons chopped onions
Blend in:	3 ounces Bleu cheese
	3 tablespoons flour
	1/2 teaspoon salt
	1/8 teaspoon pepper
Remove from heat and stir in:	mushroom liquor plus enough milk to make 1 cup
	1/2 cup half and half (milk and cream)

Return to heat and stir constantly until mixture thickens and comes to a boil.

Stir in:	3 tablespoons sherry (optional)

Serve each bulgurburger on half a toasted hamburger bun and top with sauce. Garnish each with mushroom slice and sprig of parsley.

SCALLOPED BULGUR WITH WIENERS--5 to 6 servings

Blend in shallow baking dish:	2-1/2 cups cooked bulgur
	1 egg, slightly beaten
	2 tablespoons chopped onion
	1 can (10-1/2 oz.) condensed cream of mushroom soup
	1/2 teaspoon salt
	3/4 cup milk

Bake in moderate oven, 350°F., until mixture is partially set, about 30 minutes.

Top with:	5 to 6 wieners

Brush wieners with melted margarine or oil. Continue baking until wieners are lightly browned, 15 to 20 minutes.

SCOTCH HAGGIS WITH BULGUR

Simmer in water to cover 1-1/2 hours:	3 lamb hearts
	1 pound lamb liver

Cool and put through food grinder.

Add:	1/2 pound minced suet
	1 cup bulgur
	1/2 cup chopped onions
	3 teaspoons salt
	2 cups meat broth or bouillon

Mix well and steam 3 hours in covered pudding mold.

SHRIMP AND BULGUR ST. JACQUES--4 to 6 servings

Layer in shallow baking dish:	2 cups cooked bulgur
Top with:	1 pound cooked shrimp (peeled and cleaned)
Sprinkle over shrimp:	1 tablespoon lemon juice
	2 tablespoons white wine
	2 tablespoons chopped parsley
Heat in heavy skillet:	3 tablespoons butter or margarine
Add:	2 tablespoons chopped onion
	1 cup sliced mushrooms

Sauté until onion is straw-colored.

Blend in:	3 tablespoons flour
	1 teaspoon salt
Remove from heat and stir in:	1 cup milk
	1 cup half and half (milk and cream)

Return to heat and stir constantly until mixture thickens and comes to a boil.
Pour sauce over shrimp and bulgur.
Sprinkle with: grated Parmesan cheese
Bake uncovered in moderate oven, 350° F., 25 to 30 minutes.

TUNA AND BULGUR SCALLOP--6 servings

Heat:	1 tablespoon butter or margarine
Add:	2 tablespoons chopped onion

Sauté over moderate heat until onion is straw-colored.

Blend in baking dish with:	2 cups cooked bulgur
	1 cup condensed cream of mushroom soup
	1 can (6 oz.) tuna fish
	1/2 teaspoon salt
	1/8 teaspoon pepper
	2 eggs, slightly beaten
Top with mixture of:	1/3 cup crisp cracker crumbs
	1 tablespoon melted butter or margarine
Sprinkle with:	paprika

Bake in moderate oven, 350° F., 30 minutes.

TURKEY à la KING WITH BULGUR BISCUITS--6 servings

Heat:	3 tablespoons chicken fat or butter
Blend in:	3 tablespoons flour
	1-1/4 teaspoons salt
	1/8 teaspoon pepper
Remove from heat and stir in:	1-1/4 cups milk
	1 cup chicken stock

Return to moderate heat. Cook (stir constantly) until mixture thickens.

Add:	2-1/2 cups diced turkey
	1/4 cup chopped green bell pepper
	1/4 cup pimiento, cut in thin strips

Reheat. Serve over split Bulgur Baking Powder Biscuits, page 41.

TURKEY AND BULGUR SCALLOP--6 servings

Heat:	1 tablespoon chicken fat or butter
Add:	2 tablespoons chopped onion

Sauté over moderate heat until onion is straw-colored.

Blend in:	2 tablespoons flour
	3/4 teaspoon salt
	1/8 teaspoon pepper
Remove from heat and stir in:	3/4 cup chicken stock
	3/4 cup milk

Return to heat. Cook (stir constantly) until mixture thickens.

Stir in:	2 cups cooked bulgur
	2-1/2 cups diced turkey (or chicken)

Turn into baking dish.

Top with mixture of:	1/3 cup crisp cracker crumbs
	1 tablespoon melted butter
Sprinkle with:	paprika

Bake in moderate oven, 350° F., 30 minutes.

TURKEY SUPRÊME WITH PILAF ALMONDINE--6 to 8 servings

Heat in heavy skillet:	5 tablespoons butter or chicken fat
Add:	1/3 cup chopped onions
	1 cup sliced fresh mushrooms or 1 can (4 oz.) sliced mushrooms, drained

Simmer over moderate heat until onions are straw-colored.

Blend in:	6 tablespoons flour
Remove from heat and stir in:	1-1/2 cups chicken or turkey stock
	1 cup half and half (milk and cream)
	1 teaspoon seasoned salt
	1/4 teaspoon salt
	1/4 teaspoon white pepper

Return to heat and stir constantly until mixture thickens and comes to a boil.
Simmer gently 2 minutes.

Add:	2-1/2 cups diced turkey

Reheat. Serve with Pilaf Almondine, page 37.

UIEN MET AARDAPPELEN, BULGUR EN VERSE WORST --DUTCH STEW--

4 servings

Sauté in heavy skillet over moderate heat:	1/4 to 1/2 pound sausage cut in 1/2-inch lengths
	2-1/2 cups chopped onions
Cook until onions are straw-colored.	Drain off all fat.
Add:	4 cups water
	1/2 pound or 1-3/4 cups potatoes, peeled and diced
	1-1/4 teaspoons salt
	1/4 teaspoon pepper
	1 cup bulgur

Cover and simmer over low heat until potatoes are tender, about 1/2 hour. Stir occasionally. Just before serving, stir in 1 to 2 tablespoons vinegar.

VEAL BIRDS WITH BULGUR STUFFING--6 servings

Cut into 12 squares:	1-1/2 to 2 pounds veal cutlet

Pound each square very thin with mallet or edge of plate.

Blend:	1-1/2 cups cooked bulgur
	3/4 cup minced parsley
	2 tablespoons melted butter or margarine
	1/2 teaspoon salt
	1/4 teaspoon pepper

Place mound of stuffing on each portion of veal. Roll up and fasten with toothpick or string.

Roll each veal bird in:	flour
Heat in heavy skillet:	3 tablespoons fat or oil

Sauté veal birds over moderate heat until brown on all sides.

Add:	1 cup canned bouillon or water

Cover and simmer slowly until tender, about 45 minutes. Remove veal birds to serving dish. Make brown gravy from drippings and serve over veal birds.

VEAL SAUTERNE WITH BULGUR DUMPLINGS--8 servings

Sprinkle with: 2 pounds veal cutlet (1/4-inch thick), grated Parmesan cheese

Rub cheese well into cutlets. Turn cutlets and repeat on other side. Cut veal into 1 x 2-inch strips.

Heat in heavy skillet: 1/4 cup salad oil, 1 clove garlic

Brown veal strips on both sides. Remove from skillet. Discard garlic.

With oil remaining in skillet, blend: 3 tablespoons flour

Remove from heat and slowly stir in: 1-3/4 cups canned beef bouillon, 1/2 cup Sauterne or Chablis, 1 can (4 oz.) sliced mushrooms, 2 tablespoons chopped onions, 1/2 teaspoon salt, 1/4 teaspoon pepper

Cook over low heat (stir constantly) until mixture thickens. Add veal, cover, and simmer gently about 20 minutes. Add Bulgur Dumplings, cover and continue to cook 25 to 30 minutes.

Bulgur Dumplings

Combine: 1-1/4 cups water, 1/3 cup bulgur

Cover and bring to simmer. Simmer about 20 minutes or until most of water is absorbed. Do not boil.

Sift together: 1-1/2 cups sifted flour, 3 teaspoons baking powder, 3/4 teaspoon salt

Add: 3 tablespoons shortening

Cut in with pastry blender until shortening is finely distributed.

Stir in: 1/2 cup milk, cooked bulgur

Drop by tablespoonsful into gently boiling stew. Cover tightly and boil gently for about 15 minutes. Do not lift cover while cooking.

VIENNESE CHICKEN-BULGUR DINNER--4 to 6 servings

Heat in heavy skillet: shortening or oil to a depth of 1/2-inch

Cut into serving pieces: 1 frying chicken

Shake in paper bag with: 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/2 cup flour

Fry over moderate heat until tender and golden brown on all sides. If crisp crust is desired, cover pan during first half of cooking, then uncover. If soft crust is desired, cover pan during most of cooking. When chicken is done remove to hot platter.

Pour off all but 2 tablespoons of the fat.

Add: 1/4 cup chopped onion

Sauté until straw-colored.

Stir in: 1 cup thick sour cream, 1 tablespoon paprika, 1/2 teaspoon salt, 1/8 teaspoon pepper

Bring to boil. Pour sauce over chicken. Serve with Pilaf Almondine, page 37.

BULGUR STUFFING FOR POULTRY, MEAT OR GAME--4 cups dressing

Heat in heavy skillet:	1/3 cup butter or margarine
Add:	1/3 cup chopped onion
	1/3 cup chopped celery
	1/3 cup diced tart green apple, peeled and cored
	giblets, chopped

Sauté over moderate heat until onions are straw-colored.

Blend in:	2-1/2 cups cooked bulgur
	1/3 cup slivered blanched almonds
	1/2 teaspoon salt
	1/8 teaspoon pepper
	1/2 teaspoon poultry seasoning

Variations

1. Chestnut Stuffing: Omit almonds. Boil and peel 1/2 pound chestnuts. Chop coarsely and add to stuffing mixture.

2. Norwegian Raisin-Nut Stuffing: Omit almonds. Add 1/2 cup raisins and 1/2 cup chopped cashews or walnuts.

3. Apple-Prune Stuffing (for duck or goose): Omit almonds. Reduce bulgur to 1-1/2 cups. Add 1-1/2 cups diced tart apple, 1 cup chopped cooked prunes, and 1 to 2 tablespoons brown sugar.

4. Apricot-Pineapple Stuffing (for duck or goose): Omit almonds. Reduce bulgur to 2 cups. Add 3/4 cup diced dried apricots and 1/2 cup drained canned crushed pineapple.

PILAF STUFFING FOR POULTRY, MEAT, OR GAME

Use any of the pilaf recipes on pages 38 and 39 for stuffing poultry, meat, or game. Add 1/4 to 1/3 cup chopped nuts.

ARMENIAN PILAF--4 to 6 servings

Heat in heavy skillet:	2 tablespoons butter or margarine
Add:	3 tablespoons chopped onion
	1/2 cup vermicelli

Sauté until onion and vermicelli are lightly browned.

Add:	1 cup bulgur
	2 cups chicken stock
	3/4 teaspoon salt
	1/8 teaspoon pepper

Cover and simmer over low heat 20 minutes or until all liquid is absorbed. Stir occasionally. After cooking, let stand 15 to 20 minutes, then heat and serve.

BOSTON BAKED BULGUR--4 to 5 servings

Blend in 1-1/2 quart casserole:	2-1/2 cups cooked bulgur
	2/3 cup condensed tomato soup
	3 tablespoons molasses
	3/4 cup water or canned consommé
	3 tablespoons brown sugar
	1/2 teaspoon dry mustard
	1/2 teaspoon salt
	1 to 2 tablespoons minced onion
	1 teaspoon Worcestershire sauce
Cut in strips 1/2 inch thick:	1 to 2 ounces salt pork or bacon

Press lengthwise into surface of bulgur mixture. Cover and bake in slow oven, 325°F., 45 minutes. Remove cover and continue baking about 40 minutes.

BULGUR SUPRÊME AU GRATIN--4 to 5 servings

Drain and reserve liquid:	1 can (4 oz.) mushroom stems and pieces
Heat in heavy skillet:	3 tablespoons margarine
Add:	1/4 cup chopped onions
	drained mushrooms

Sauté over moderate heat until onions are straw-colored.

Blend in:	2-1/2 cups cooked bulgur
	1/2 teaspoon salt
	1/8 teaspoon pepper
	1 teaspoon seasoned salt
	1 teaspoon Worcestershire sauce
	1 to 2 tablespoons sherry (optional)
	1-1/3 cups mushroom liquid plus beef stock or canned beef bouillon

Turn into 1-1/2 quart casserole.

Grate:	4 ounces sharp Cheddar cheese

Stir two-thirds into bulgur mixture. Sprinkle remaining one-third over surface.

Sprinkle with:	paprika

Bake in moderate oven, 350° F., about 30 minutes or until browned and bubbly. Serve as a main course casserole with a vegetable or a crisp salad.

CHINESE FRIED BULGUR--4 to 5 servings

Heat in heavy skillet:	2 tablespoons oil
Add:	3/4 cup finely minced onion
	1/2 cup finely minced green bell pepper
	1/2 cup finely minced celery

Sauté over moderate heat until onion is straw-colored.

Stir in:	2-1/2 cups cooked bulgur

Cover and cook over low heat 15 minutes. Stir occasionally.

Stir in:	2 tablespoons soy sauce

PILAF ALMONDINE--4 to 5 servings

Cook 1 cup bulgur according to directions on page 5. When cooking is completed stir in 1/3 to 1/2 cup butter or margarine. Sprinkle each serving lightly with poppy seeds and 1 to 2 teaspoons chopped toasted almonds.

PILAF - CHICKEN FLAVORED--4 to 6 servings

Heat in heavy skillet: 2 tablespoons butter or margarine
Add: 3 tablespoons chopped onion
Sauté until onions are straw-colored.
Add: 1 cup bulgur
2 cups chicken stock
1/2 teaspoon salt
1/8 teaspoon pepper
Cover and simmer over low heat 20 minutes, or until all liquid is absorbed.

Variations

1. Pilaf - Beef Flavored: Substitute beef stock or canned bouillon for the chicken stock. Add 1 teaspoon Worcestershire sauce.

2. Pilaf - Fines Herbes: Add 1/4 teaspoon fines herbes to Chicken-Flavored Pilaf at beginning of cooking.

3. Parmesan Pilaf: Increase onion to 1/4 cup and add with it 1/4 teaspoon minced garlic. When cooking is completed stir in 1/3 cup Parmesan cheese and 1 tablespoon minced parsley.

4. Pink Pilaf: Use 1 cup tomato juice, 1 cup chicken stock, 1/4 cup water in place of the 2 cups chicken stock.

5. Taiwan Pilaf: When cooking is completed stir in 1 to 2 tablespoons soy sauce.

PILAF à l'ORANGE--4 to 6 servings

Heat in saucepan or skillet: 2 tablespoons butter or margarine
1/3 cup chopped onion
Sauté over moderate heat until onion is straw-colored.
Add: 1 cup orange juice
1-1/4 cups water
1/2 teaspoon salt
1 cup bulgur
Cover and cook over low heat until all liquid is absorbed, 20 to 25 minutes.
Stir in: 1 tablespoon sugar

PILAF ROMANOFF--4 to 6 servings

Blend in saucepan:

2-1/2 cups cooked or soaked bulgur
1 cup sour cream
1 cup cottage cheese
1 teaspoon grated onion
3/4 teaspoon salt
dash Tabasco sauce
1/4 teaspoon Worcestershire sauce

Cover and cook over low heat, about 10 minutes. Stir several times while heating.

QUICKIE PILAFS

Dehydrated soup mixes with chicken, meat, or vegetable flavors offer a variety of ready-to-use seasoning agents for quick pilafs. Readily available on the market are dehydrated onion, mushroom, chicken noodle, beef noodle, garden vegetable, green pea, and tomato soup mixes. Each of these imparts its characteristic flavor to the pilaf.

Prepare 1 cup bulgur according to directions on page 5. Add 1/2 envelope of the seasoned soup mix at beginning of cooking. Adjust seasoning to taste with salt, pepper, and seasoned salt. Increase the water by 1/4 to 1/2 cup if the soup mix contains a starch thickener (cream of mushroom, green pea mix, etc.). A cup or more of left-over diced chicken, meat, or fish, or a can of tuna fish may be added for a hearty pilaf entrée. Grated Cheddar cheese or crumbled Bleu cheese, or a sprinkling of grated Parmesan cheese offer flavor variations. A tablespoon of bacon drippings adds zest to the green pea soup pilaf. This one is especially good with wieners or ham. Curry (1/8 teaspoon) improves chicken noodle soup pilaf and a pinch of fines herbes enhances the flavor of the garden vegetable pilaf.

These quickie pilafs are excellent dishes for camping and mountaineering menus as well as for quick meals at home.

SPANISH BULGUR--5 to 6 servings

Sauté in heavy skillet over moderate heat: 4 slices bacon cut in 1/2-inch strips

Cook until bacon begins to brown.

Add:
- 1/2 to 3/4 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped green bell pepper
- 1 clove garlic, finely minced

Continue cooking until onion is straw-colored.

Blend in:
- 1 can (16 oz.) tomatoes
- 2 cups water
- 1/2 teaspoon salt
- 1 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 1 teaspoon sugar
- 1 teaspoon Worcestershire sauce
- 1 cup bulgur

Cover and simmer over low heat until most of liquid is absorbed, 20 to 25 minutes.

BAKING POWDER BULGUR WHEAT SHORTCAKE--6 to 8 servings

Combine:
1 cup water
1/4 cup bulgur

Cover tightly. Bring to simmer. Simmer for about 20 minutes or until most of water has been absorbed. Do not boil.

Sift together:
2 cups sifted flour
3-1/2 teaspoons baking powder
3/4 teaspoon salt
1/3 cup sugar

Add:
1/4 cup shortening

Cut in with pastry blender until shortening is finely distributed.

Stir in:
cooked bulgur
3/4 cup milk

Pat into greased 8-inch cake pan. Brush surface lightly with milk and sprinkle with sugar. Bake in hot oven, 400°F., about 30 minutes. Top with whipped cream and fruit.

BULGUR BAKING POWDER BISCUITS--10 to 12 (2-in.) biscuits

Combine:
1 cup water
1/4 cup bulgur

Cover and bring to simmer. Simmer about 20 minutes or until most of water is absorbed. Do not boil.

Sift together:
2 cups sifted flour
3-1/2 teaspoons baking powder
1 teaspoon salt

Add:
1/4 cup shortening

Cut in with pastry blender until shortening is finely distributed.

Stir in:
3/4 cup milk
3/4 cup cooked bulgur

Turn out on lightly floured paper. Knead about 10 times. Pat or roll out about 1/2-inch thick. Cut with floured biscuit cutter or knife into 2-inch squares. Bake on greased baking sheet in preheated oven, 400°F., until biscuits are lightly browned, 25 to 30 minutes.

Bulgur Shortcake

Add 1/3 cup sugar to dry ingredients before sifting. Proceed with recipe.

BULGUR WHEAT MUFFINS--12 medium sized muffins

Combine:	1/4 cup bulgur
	1 cup water

Cover and bring to simmer. Simmer about 20 minutes or until most of water has been absorbed. Do not boil.

Sift together:	1 cup sifted flour
	3 teaspoons baking powder
	1/3 cup sugar
	1/2 teaspoon salt
Combine:	1 egg, slightly beaten
	1/2 cup milk
	cooked bulgur
	1/4 cup melted shortening

Stir into dry ingredients just enough to blend. Do not overstir. Batter looks rough. Drop into well greased (2-1/4-in.) muffin tins. Sprinkle tops with mixture of 2 tablespoons sugar and 1/4 teaspoon cinnamon. Bake in hot oven, 400°F., 20 to 25 minutes.

Variations

1. Spicy Apple Bulgur Wheat Muffins: Sift 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg with the dry ingredients. Add 1/3 cup finely diced apple (peeled and cored) with the liquid ingredients.
2. Blueberry Bulgur Wheat Muffins: Add 1/2 cup fresh or canned (drained) blueberries with the liquid ingredients.
3. Nutty Bulgur Wheat Muffins: Prepare mixture of 2 tablespoons sugar, pinch of cinnamon and 2 tablespoons finely chopped nuts. Sprinkle atop batter in each pan before baking.
4. Date-Nut Bulgur Wheat Muffins: Add 1/4 cup chopped dates and 2 tablespoons finely chopped nuts to dry mixture.
5. Raisin Bulgur Wheat Muffins: Add 1/4 cup raisins to dry mixture.

WHITE BREAD WITH BULGUR--2 (1-lb.) loaves

Combine: 1 cup water
1/4 cup bulgur
1/8 teaspoon salt

Cover and bring to simmer. Simmer about 20 minutes or until most of water is absorbed. Do not boil. Cool to lukewarm.

Scald: 3/4 cup milk

Cool to lukewarm.

Blend: 1 package (1/4 oz.) activated dry yeast
1/2 cup lukewarm water

Stir in milk.

Sift together: 4-1/4 cups all-purpose flour
2 teaspoons salt
3 tablespoons sugar

Reserve 1/4 cup. Add remainder to yeast mixture with the cooked bulgur.

Add: 3 tablespoons shortening or oil

Mix thoroughly. Turn out on board or brown paper which has been lightly dusted with part of the 1/4 cup flour. Knead about 10 minutes or until dough is smooth and satiny. Form into ball. Place in warm greased bowl. Brush surface lightly with oil or melted shortening. Cover and let rise in warm place (80° to 85° F.) until volume is doubled, 1-1/2 to 2 hours. At this point dough will retain impression when pressed with finger. Punch down dough. Turn out on board or brown paper which has been lightly dusted with remaining flour. Divide into 2 equal portions. Mold each into ball. Cover and let rest for 15 minutes. Shape into loaves. Place in lightly greased loaf pans. Brush tops lightly with oil or melted shortening. Cover and let rise in warm place (80° to 85° F.) until volume is doubled. Bake in preheated oven, 400° F., 35 to 40 minutes.

BAKED BANANA BULGUR WHEAT CUSTARD--6 servings

Blend in baking dish:	1-1/2 cups cooked bulgur
	1/2 cup mashed banana
	1 tablespoon lemon juice
	1 teaspoon grated lemon rind
	1 teaspoon vanilla
	1/3 cup sugar
	1/8 teaspoon salt
	2 cups milk
	2 eggs, slightly beaten
	1 tablespoon melted butter
Sprinkle lightly with:	cinnamon

Bake in moderate oven 40 to 45 minutes or until set.

BANANA BULGUR CAKE--10 to 12 servings

Combine:	1/3 cup bulgur
	1-1/3 cups water

Cover and bring to simmer. Simmer about 20 minutes or until most of water has been absorbed.

Sift together:	2 cups sifted all-purpose flour
	3 teaspoons baking powder
	1/2 teaspoon salt
Cream until light and fluffy:	1/2 cup butter
	1 cup sugar
Add:	2 eggs

Beat until thick and creamy.

Blend:	cooked bulgur
	1 teaspoon vanilla
	3/4 cup mashed banana
	1 teaspoon lemon juice
	1/4 cup milk

Add alternately with dry ingredients to creamed mixture. Blend well after each addition. Turn into greased 1-1/2-quart loaf pan. Bake in moderate oven, 350°F., about 1-1/4 hours.

BULGUR APRICOT DELIGHT--6 servings

Mix in saucepan:	1 cup apricot nectar (or juice)
	1-1/2 cups water
	1/4 teaspoon salt
	1 cup bulgur

Cover and simmer (do not boil) over low heat until all juice is absorbed. Stir several times during cooking.

Stir in:	3 tablespoons sugar

Cover and continue cooking over low heat 5 minutes. Chill.

Stir in:	1 tablespoon lemon juice

Top each serving with Eggnog Sauce and one-half apricot.

Eggnog Sauce

Beat until thick and lemon colored:	1 egg
Add gradually:	1/2 cup sugar
	1 teaspoon vanilla
	2 tablespoons sherry or rum (optional)
Fold in:	1/2 cup heavy cream, whipped.

BULGUR CHERRY CUSTARD--6 to 8 servings

Blend in baking or pie dish:	2 cups hot cooked bulgur
	2 tablespoons butter or margarine
	1/4 cup brown sugar
	1/2 teaspoon cinnamon
Blend in saucepan:	1-1/2 tablespoons cornstarch
	1/4 cup sugar
Stir in:	juice drained from 1 can (1 lb.) red sour pitted cherries

Cook (stir constantly) until thickened.

Stir in:	1 tablespoon lemon juice
	drained cherries

Layer on bulgur mixture.

Blend:	2 eggs, slightly beaten
	1 cup milk
	3 tablespoons sugar
	1/2 teaspoon vanilla

Pour egg mixture over cherry mixture. Bake in moderate oven, 350°F., for 1 hour, or until custard is set.

Variations

1. Bulgur Apricot Custard
2. Bulgur Blueberry Custard
3. Bulgur Boysenberry Custard
4. Bulgur Pineapple Custard
5. Bulgur Peach Custard

Substitute 1 can (1 lb.) of any of these fruits for the 1 can (1 lb.) red sour pitted cherries in the above recipe.

BULGUR DARK FRUIT CAKE--2-3/4 pounds

Sift together:	3/4 cup sifted all-purpose flour
	1/4 teaspoon baking soda
	1/2 teaspoon cinnamon
	1/4 teaspoon allspice
	1/8 teaspoon mace
	1/8 teaspoon nutmeg
Add:	1/2 cup seedless raisins
	1/2 cup golden raisins
	1/2 cup currants
	1 cup diced mixed glacé fruit
	1 cup diced glacé citron
	1/2 cup glacé cherries

Mix enough to separate pieces of fruit.

Cream until light and fluffy:	1/4 cup butter
	1/4 cup sugar
Add:	2 egg yolks

Beat until thick and creamy.

Stir in:	1/4 cup cider or brandy
	1/4 cup strawberry preserves
	1-1/2 cups cooked bulgur

Add flour-fruit mixture and blend thoroughly.

Beat until stiff enough to hold peaks: 2 egg whites (room temperature)

Fold into batter. Fill greased loaf pan or mold about three-fourths full (coffee or shortening cans will do). Cover tightly. *Steam for 3 hours. Cool for 15 minutes, remove from pans, and brush with Brown Sugar Glaze, page 53.

BULGUR INDIAN PUDDING--6 servings

Mix in 2-quart casserole:	2-1/2 cups cooked bulgur
	1/2 teaspoon salt
	1/2 teaspoon cinnamon
	1/4 teaspoon ginger
	1/8 teaspoon cloves
	1/3 cup sugar
	1/2 cup molasses
	3 tablespoons butter or margarine
	1/2 cup raisins (optional)
	1 large can (13-1/2 oz.) evaporated milk
	1-1/4 cups water

Cover and bake in slow oven, 325°F., 45 minutes. Remove cover and continue baking about 45 minutes. Serve with whipped cream or ice cream.

---

* Any large covered utensil with tightly fitting cover can be used as a steamer. Place rack in bottom and keep water level at about 1-1/2 inches. Keep water boiling gently.

BULGUR LIGHT FRUIT CAKE--3-1/4 pounds

Combine:	1-1/3 cups sifted all-purpose flour
	1-1/3 cups golden raisins
	2/3 cup diced glacé citron
	1 cup glacé cherries
	1 cup slivered blanched almonds

Mix enough to separate pieces of fruit.

Cream until light and fluffy:	3/4 cup butter
	3/4 cup sugar
Add:	4 eggs (room temperature)
	1/2 teaspoon lemon extract
	1/4 teaspoon rum extract
	1/2 teaspoon vanilla

Beat until thick and creamy.

Stir in:	1-1/3 cups cooked bulgur

Add flour-fruit mixture and blend thoroughly. Fill greased loaf pan or mold about three-fourths full (coffee or shortening cans will do). Cover tightly. *Steam for three hours. Cool for 15 minutes, remove from pans and brush with Brown Sugar Glaze, page 53.

BULGUR PARFAIT--6 servings

Mix in saucepan:	2-1/2 cups water
	1/2 teaspoon salt
	1 cup bulgur

Cover and cook over low heat until all water is absorbed, 20 to 25 minutes; stir several times during cooking.

Stir in:	1/3 cup sugar

Cover and continue cooking over low heat 5 minutes. Chill. Layer bulgur alternately with chocolate sauce or crushed pineapple in a parfait glass. Top with whipped cream. Garnish with maraschino cherry or sprig of mint.

BULGUR PLUM PUDDING--2-3/4 pounds

Sift together:	1-1/3 cups sifted all-purpose flour
	3/4 teaspoon baking powder
	3/4 teaspoon salt
	1/2 teaspoon cinnamon
	1/2 teaspoon nutmeg
	1/4 teaspoon cloves
Add:	3/4 cup brown sugar
	3/4 cup seedless raisins
	3/4 cup currants
	3/4 cup diced mixed glacé fruits
	2/3 cup chopped apple (peeled and cored)

Mix enough to separate pieces of fruit.

Beat until thick:	5 eggs (room temperature)
Stir in:	1/4 cup cider or brandy
	1-1/3 cups cooked bulgur

Add flour-fruit mixture and blend thoroughly. Fill greased loaf pan or mold about three-fourths full (coffee or shortening cans will do). Cover tightly. *Steam for 3 hours. Serve warm with Hard Sauce, page 53.

---

* See footnote, page 46.

BUTTERSCOTCH BULGUR BAVARIAN--6 servings

Blend in saucepan: 1 package (1 tbsp.) gelatin
1/4 cup water

Stir in: 2/3 cup brown sugar
1-1/2 cups evaporated milk
1/4 teaspoon salt

Cook over low heat (stir constantly) until gelatin and sugar dissolve. Do not boil.

Remove from heat and blend in: 1-1/2 cups cooked bulgur
1 teaspoon vanilla

Chill until thick but not firm.

Fold in: 1/2 cup heavy cream, whipped

Turn into mold which has been brushed with salad oil. Chill until firm. Unmold and garnish, if you wish, with whipped cream and pecan halves.

CHERRY COBBLER WITH BULGUR SHORTCAKE--8 to 10 servings

Drain juice from: 1 (1 lb.) can sour red pitted cherries

Add enough water to juice to make 1 cup.

Blend in saucepan: 2 tablespoons cornstarch
1 cup sugar

Stir in juice mixture. Cook over moderate heat (stir constantly) until mixture thickens and comes to a boil.

Stir in: drained cherries
2 teaspoons lemon juice

If a brighter red color is desired stir in a little red food coloring. Pour into a 9-inch cake pan or pie dish. Prepare 1 recipe for Bulgur Shortcake, page 41. Drop by tablespoons on top of cherry mixture. Bake in preheated oven, 400°F., about 30 minutes.

Variations:

1. Apricot Cobbler with Bulgur Shortcake
2. Blueberry Cobbler with Bulgur Shortcake
3. Boysenberry Cobbler with Bulgur Shortcake
4. Pineapple Cobbler with Bulgur Shortcake
5. Peach Cobbler with Bulgur Shortcake

Substitute equal quantities of fruit liquid and drained fruit for the cherry liquid and drained cherries in above recipe. If fruit is packed in sweetened syrup reduce sugar to 1/2 cup.

CHOCOLATE BULGUR BAVARIAN--6 servings

Blend in saucepan:	1 package (1 tbsp.) gelatin
	2 tablespoons water
Blend:	2-1/2 tablespoons cocoa
	3/4 cup sugar
Add to gelatin mixture.	
Stir in:	1-1/2 cups milk
Heat until gelatin and sugar dissolve.	Stir frequently. Do not boil.
Remove from heat and add:	1-1/2 cups cooked bulgur
	1 teaspoon vanilla
Chill until thick but not firm.	
Fold in:	1/2 cup heavy cream, whipped

Turn into mold which has been brushed with salad oil. Chill until firm. Unmold and garnish, if you wish, with whipped cream and a few candied cherries.

NUTTY APPLE AND BULGUR BETTY--6 to 8 servings

Blend in shallow baking or pie dish:	2-1/2 cups cooked bulgur
	3 tablespoons peanut butter
	1-1/2 tablespoons sugar
	1/4 teaspoon cinnamon
	1/2 teaspoon vanilla
Blend:	1 can sweetened and thickened apple pie filling*
	1 teaspoon lemon juice
	1/4 teaspoon cinnamon
	pinch nutmeg

Layer apple mixture on bulgur mixture. Bake in moderate oven, 350° F., 20 to 25 minutes.

OLD-FASHIONED BULGUR-RAISIN PUDDING--5 to 6 servings

Combine in baking dish:	2-1/2 cups cooked bulgur
	1-1/2 cups evaporated milk
	1-1/2 cups water
	1/3 cup sugar
	1/2 teaspoon salt
	1/4 teaspoon mace
	1/2 cup seedless raisins

Cover and bake in moderate oven, 325° F., 45 minutes. Remove cover, stir, and continue baking uncovered about 45 minutes or until browned.

*If unsweetened pie-sliced apples are used add 1/4 cup brown sugar firmly packed, 1/2 cup granulated sugar, and 2 tablespoons flour to the apple mixture. Increase cinnamon to 1/2 teaspoon.

PEANUT BUTTER AND BULGUR DESSERT BASE--6 servings

Blend:	3 cups hot cooked bulgur
	3 tablespoons peanut butter
	2 tablespoons sugar
	1/3 cup milk
	1/2 teaspoon vanilla

Serve with chocolate, butterscotch or fruit sauce or with topping of fresh, frozen or canned fruit.

PEANUT BUTTER BULGUR BAVARIAN--8 servings

Mix:	1 package (1 tbsp.) gelatin
	1/2 cup cold water

Heat until gelatin dissolves.

Blend:	3/4 cup peanut butter
	3/4 cup sugar
	2 cups hot cooked bulgur
	1 tablespoon lemon juice
Stir in:	hot gelatin mixture
	1 teaspoon vanilla
	2 cups milk

Chill until thick but not firm. Stir. Turn into mold which has been brushed with salad oil. Chill until firm. Unmold and garnish, if you wish, with whipped cream and chopped peanuts.

PINEAPPLE-BULGUR BAVARIAN--6 servings

Blend in saucepan:	1 package (1 tbsp.) gelatin
	1/3 cup sugar
Stir in:	3/4 cup pineapple juice
	1-1/2 tablespoons lemon juice

Cook over low heat until sugar and gelatin dissolve. Do not boil.

Add:	1/3 cup drained crushed pineapple
	1-1/2 cups prepared bulgur
	1/4 teaspoon vanilla
Stir in:	1 cup milk

Chill until thick but not firm.

Fold in:	1/2 cup heavy cream, whipped

Turn into mold which has been brushed with salad oil. Chill until firm. Unmold and garnish, if you wish, with whipped cream and a few mint leaves.

STEAMED BULGUR FRUIT PUDDING--about 12 servings

Sift together:	1-1/4 cups sifted all-purpose flour
	2 teaspoons baking powder
	1/2 teaspoon salt
Cream until light and fluffy:	1/2 cup butter or shortening
	1-1/4 cups sugar
Add:	2 eggs
Beat until thick and creamy.	
Stir in:	1-1/2 cups cooked bulgur
	1 teaspoon vanilla
Grind together:	1/2 cup dried prunes (pitted)
	1/2 cup raisins
	1/4 cup dried apricots

Stir into bulgur mixture.
Add alternately with dry ingredients: 1 cup milk
Blend well after each addition. Fill greased loaf pan or mold three-fourths full (coffee or shortening cans will do). Cover tightly. *Steam 2 hours. Serve with warm Lemon Sauce, page 53, or Hard Sauce, page 53.

STEAMED BULGUR WHEAT CHOCOLATE PUDDING--about 12 servings

Sift together:	1-1/4 cups sifted all-purpose flour
	2-1/2 teaspoons baking powder
	1/2 teaspoon salt
	1 teaspoon cinnamon
	1/2 cup cocoa
Cream until light and fluffy:	1/2 cup butter or margarine
	1-1/4 cups sugar
Add:	2 eggs
Beat until thick and creamy.	
Stir in:	1-1/2 cups cooked bulgur
	1 teaspoon vanilla

Add alternately with dry ingredients: 1 cup milk
Blend well after each addition. Fill greased loaf pan or mold three-fourths full (coffee or shortening cans will do). Cover tightly. *Steam 1-1/2 hours. Serve with whipped cream or Hard Sauce, page 53.

---

*See footnote, page 46.

STEAMED SPICY BULGUR RAISIN PUDDING--about 12 servings

Sift together:	1-3/4 cups sifted flour
	2-1/2 teaspoons baking powder
	1/2 teaspoon salt
	1 teaspoon cinnamon
	1/4 teaspoon nutmeg
Cream until light and fluffy:	1/2 cup butter or shortening
	1-1/4 cups sugar
Add:	2 eggs
Beat until thick and creamy.	
Stir in:	1-1/2 cups cooked bulgur
	3/4 teaspoon vanilla
	1/2 cup raisins
Add alternately with dry ingredients:	1 cup milk

Blend well after each addition. Fill greased loaf pan or mold three-fourths full (coffee or shortening cans will do). Cover tightly. *Steam 2 hours. Serve with warm Nutmeg Sauce, page 54.

VETEGROT--NORWEGIAN BULGUR PUDDING--4 servings

Combine in top of double boiler:	1-1/2 cups milk
	1 cup half and half (milk and cream)
	1/4 teaspoon salt
	1/2 cup dry bulgur

Cook over boiling water 1 hour. Stir several times.

Blend in:	1/2 cup sugar
	1 teaspoon vanilla
	1/2 cup currants
Beat until thick and lemon-colored:	1 egg

Fold into hot bulgur mixture. Turn into serving dish.

Sprinkle with mixture of:	1/4 cup sugar
	1/4 teaspoon cinnamon
Top with:	chopped toasted almonds
Dot with:	currant or strawberry jelly

*See footnote, page 46.

BROWN SUGAR GLAZE FOR FRUIT CAKE

Combine:
- 1/3 cup water
- 1/3 cup light corn syrup
- 1/2 cup brown sugar, firmly packed

Bring slowly to boil and boil 2 minutes.

Stir in:
- 2 tablespoons lemon juice

Brush while warm on fruit cake, Danish pastry, or sweet rolls.

HARD SAUCE--1 cup

Cream together:
- 1/4 cup butter or margarine
- 1 cup sifted confectioner's sugar

Add:
- 1 teaspoon boiling water
- 1 teaspoon vanilla

Beat until smooth and fluffy.

LEMON SAUCE--1/4 cups

Blend in saucepan:
- 1 tablespoon cornstarch
- 1/2 cup sugar

Stir in:
- 1 cup water

Bring to boil (stir constantly). Boil gently 2 minutes.

Remove from heat and stir in:
- 1 tablespoon butter
- 1 tablespoon grated lemon rind
- 3 tablespoons lemon juice

Serve hot or cold.

MOCK HOLLANDAISE SAUCE

Prepare 1 cup medium white sauce.

Just before serving heat sauce and stir in:
- 1-1/2 tablespoons lemon juice
- 2 tablespoons butter (add in small amounts)

Stir in little of the hot sauce into:
- 2 egg yolks

Stir yolk mixture into remaining sauce. Cook over very low heat for 2 to 3 minutes (stir constantly). Serve with fish or vegetables.

MOCK TARTAR SAUCE

Prepare 1 cup medium white sauce.

Stir in:
- 1/3 cup mayonnaise
- 1 tablespoon minced onion
- 1-1/2 tablespoons chopped green olives
- 1-1/2 tablespoons chopped sweet pickle relish
- 2 teaspoons tarragon vinegar

Serve with baked, fried, or broiled fish combinations.

NUTMEG SAUCE--1-1/4 cups

Blend in saucepan:	2 teaspoons cornstarch
	2/3 cup sugar
	1/8 teaspoon salt
Stir in:	1 cup cold water
Bring slowly to boil (stir constantly).	Boil gently for 2 minutes.
Remove from heat and stir in:	1 tablespoon butter
	1/2 teaspoon nutmeg

SOUR CREAM SAUCE

Melt in skillet:	2 tablespoons butter
	2 tablespoons flour
Remove from heat and stir in:	1 cup meat stock or canned consommé
	1 cup sour cream

Bring to boil (stir constantly). Season to taste with salt, pepper, and if desired, a little Worcestershire sauce and sherry.

GPO 968-492